



# SNAKE BITE



Snake bites are a significant global health issue, with approximately **5.4 million cases** and up to **138,000 deaths annually**. In Pakistan, snake bites are a significant health issue, especially in rural areas. Thousands of cases occur annually, with many fatalities due to limited access to medical care and antivenom. Regions like **Sindh**, **Punjab** and **Balochistan** are particularly affected.

## CATEGORIES OF VENOMOUS SNAKES

### VIPERS:



Rattlesnakes



Copperheads



Cottonmouths

### FEATURES:



Triangular heads



elliptical pupils



heat-sensing pits

### ELAPIDS:

Cobras



kraits



coral snakes

### FEATURES:

Fix Fangs at front



Round pupils

### SEA SNAKES:



Found in marine environments

### FEATURES:



flattened tails for swimming



Fix fangs at rear



# TYPES OF SNAKES



## Types of Venomous Snakes in Pakistan

**(Daboia russeli)**



Punjab, Sindh, Balochistan, KP, AJ&K

**Sind Krait**



Punjab, Sindh

**Naja Naja**



Punjab, Sindh, Balochistan, KP, AJ&K

**Hump-nosed Pit Viper**



Sindh, Punjab, Balochistan

**Saw-scaled Viper**



Punjab, Sindh, Balochistan, KP

**King Kubra**



Sindh, Punjab, Balochistan

**Krait**



Punjab, Sindh, Balochistan, KP

**Red-spotted Pit Viper**



Gilgit-Baltistan, Khyber Pakhtunkhwa

**Himalayan Pit Viper**



Khyber Pakhtunkhwa, Gilgit-Baltistan

**Blunt-nosed Viper**



Sindh, Balochistan



# SNAKE BITE



## SNAKE BITE DURING MONSOON SEASON/ FLOODING

During the ***Monsoon season***, the risk of ***snake bites increases*** due to ***changes in*** snake behavior and ***habitat***. By taking preventive measures and knowing the ***correct first aid steps***, individuals and communities can significantly ***reduce the risk*** and impact of snake bites.

### INCREASED RISK DURING MONSOON

#### WATERLOGGED HABITATS:

Flooded areas drive snakes to higher ground, including homes and gardens.



#### REDUCED VISIBILITY

Muddy conditions make spotting snakes harder.

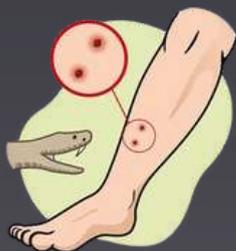


#### HUMAN ACTIVITY

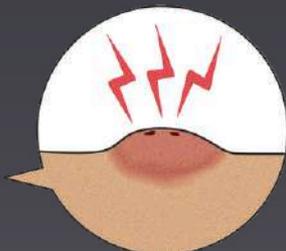
More outdoor work raises snake encounter risks.



### RECOGNIZING SNAKE BITES SYMPTOMS:



Puncture marks from fangs



Swelling and redness around the bite



Difficulty in breathing



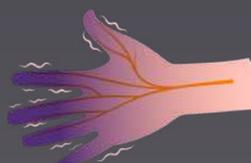
Sweating & salivating



Nausea & vomiting



Blurred vision



Numbness or tingling



Pain & tenderness



# WHAT TO DO AFTER A SNAKE BITE



The time it takes for symptoms to appear and the urgency of medical treatment after a snake bite can vary depending on several factors, including the type of snake, the amount of venom injected, the location of the bite, and the victim's age, health, and size.

## Stay Calm

1 Keeping calm can help slow the spread of venom in the body. Take deep breaths to help control panic and anxiety



## Distance from Snake

2 Move away to prevent more bites. If safe, note the snake's appearance or take the picture to help medical professionals



## Keep the Bite Area Still and Lowered

3 Try to keep the affected limb as still as possible. Use a splint or any rigid object to immobilize the limb if necessary

## Prevent Constriction

4 Remove any tight clothing, rings, or other items near the bite site that could constrict swelling tissues



## Gentle Cleaning

5 Gently wash the bite area with soap and water to remove any venom on the skin. Do not scrub or apply alcohol.



## Position of the Limb

6 Keep the bitten area at or below heart level to slow the spread of venom.



## Call Emergency Services

7 Dial emergency services (1122) or get to the nearest hospital as quickly as possible.





# DO'S AND DON'T IN CASE OF SNAKE BITE



## DO'S

## DON'T



**Do stay calm**  
and reassure the  
bitten person



**Don't Panic**  
instead follow  
these first steps



**Do move slowly**  
from snake



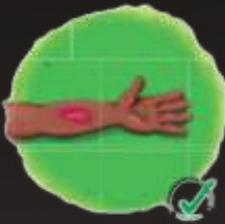
**Don't Attack**  
the snake in case of  
any encounter with  
snake



**Do Rinse eyes**  
with water  
if spitting snake  
venom



**Don't Rub**  
the Eyes rubbing  
causes infection  
and spread venom



**Do leave wound**  
area alone



**Don't wash, cut  
or suck**  
Don't wash, cut or  
suck



**Do remove tight items**  
around the  
affected areas



**Don't tie the affected area**  
it can cause limb  
loss or death



**Do Lay patient on their side**  
limit movement



**Don't lay back**  
the patient lying on  
back can block  
airways



**Do Rush**  
to the nearest  
health facility for  
treatment



**Don't use traditional methods**  
methods or any  
unsafe treatments



# AVIOD SNAKE BITE



## HOW TO AVOID SNAKE BITE



### Stay on Trails

Stick to well-traveled paths to avoid snakes



### Avoid Provoking Snakes

Never handle or provoke a snake. Back away slowly and give it space



### Appropriate Attire

Wear long pants, thick socks, and boots in snake-prone areas



### Be Cautious at Night

Use a flashlight at night; many snakes are more active then.



### Hand Protection

Use gloves when handling brush or wood piles.



### Clear Clutter

Remove piles of rocks, wood, and other debris where snakes may hide.



### Watch Your Step

Be mindful of where you step and place your hands, especially around logs and rocks



### Seal Entry Points

Seal gaps and cracks to prevent snake entry in Camp/ house



### Use of Stick

Use a long stick to check dense underbrush or tall grass



### Inspect items

Check fire-woods and other item before bringing it home or using it



### Know Local Species

Know local snakes and their habitats to avoid encounters and react appropriately.



### Avoid Sleeping on ground

Sleeping on ground increases snake risk Use raised platform



### Teach Children

Teach children to snakes and snake bite precuassionary measures



### Inspect warm places

Be cautious in cooler weather; snakes seek warmth



# MYTHS AND FACTS ABOUT SNAKES



## MYTHS

All snakes are venomous and deadly

A snake will chase you to bite you.

You should suck out the venom from a snake bite

Applying ice to a snake bite helps

Venomous snake bites always result in death

You can identify a venomous snake by its color patterns alone

If a snake's head is cut off, it dies immediately

Snakes travel in pairs

Venomous snakes always have fangs

You can tell a venomous snake by the shape of its head

## FACTS

Most snakes are harmless and control pests; few are venomous

Snakes bite defensively and prefer retreating

Sucking venom worsens the wound; seek medical help immediately

Applying ice restricts blood flow and worsens tissue damage

Prompt medical treatment and antivenom make most venomous snake bites non-fatal

Color isn't always reliable for snake ID

A snake's head can still bite after being it being killed

Snakes are generally solitary creatures

Not all snakes with fangs are venomous, and some venomous snakes have short, less prominent fangs.

Head shape isn't a reliable indicator of venom; non-venomous snakes can mimic venomous ones.